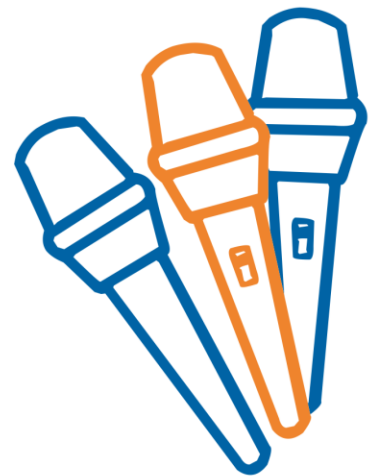


# Vocal Coach

Interaktive Stimmbildung  
Neues erfahren - freier agieren



## Free back - free voice!

### Tips from body -oriented voice training

Live online lecture

Voice problems often go hand in hand with chronic neck and back tension or pain. The voice function can be understood as complex, networked movement. Therefore, it is worth relaxing these areas of the body so that the voice can develop freely.

In this online lecture you get an insight into the connections between body dynamics and voice function and get to know a few simple relaxation exercises for your everyday life.

This lecture provides an insight into my format *Free back, free neck, free voice: body-oriented voice training*, which I offer as a four-part live online training.

Scope: 90 minutes